

SUGAR HANDOUT

3 MONTH SUPPLY OF SUGAR

Why store sugar or sweeteners in your food storage?

Sugar, although not the healthiest item to store in your food storage is very important. When used in moderation, sugar can bring many added benefits to your long term storage.

Some of the reasons to store sugar in your food storage is the following:

- *Gives flavor to your food
- *Makes bland foods such as oatmeal, wheat, rice, and flour more appetizing
- *Cornerstone of nearly all baked goods, candy and treats
- *Different types of sugar give variety of flavors to your cooking
- *A staple ingredient in homemade bread, cakes, and muffins
- *Indefinite shelf life—lasts forever!
- *Doesn't grow mold or microbes
- *Store honey-it's natural and has great health benefits

What nutritional benefits are there in sugar and sweeteners?

Sugars are one of the main types of high energy carbohydrates. During digestion, these sugars are rapidly broken down into glucose by digestive enzymes in the stomach and intestine, and then absorbed into the blood stream and dispersed around the body as energy for muscles and cells. Too much sugar can lead to food cravings, lethargy and appetite swings. Sugar does not provide any vitamins, minerals or fiber except in the tiniest amounts and thus is considered by nutritionists to be an 'empty' calorie food. (Information from calorie-counter.net)

Honey has a much higher nutritional value than sugar does. Honey is extracted from bee hives and purified to be sold in the market. Honey has been found to offer some of the following benefits: natural laxative, treatment of coughs and sore throats, anti-bacterial properties, helps cleanse your blood, easily digested, helps maintain oral health, lower in calories than sugar, and can rejuvenate the skin. (Information from lifestylelounge.com)

How should sugar be stored?

Keep your white, brown and powdered sugar in a cool, dry place. Moisture will make your sugar turn into hard clumps. Keep your sugar in an airtight plastic container or tote for best storage results. Sugar will also absorb flavors around it, so keep it sealed the best you can. Don't stress though..you can always chisel away at your sugar if needed.

TIP: Watch for sugar and sweeteners to go on sale during the holiday season. This is the time to stock up your food storage with the following items: sugar, brown sugar, powdered sugar, cake mixes, puddings, honey, gelatins, etc.

Year Supply of Sugar: 60+ lbs. per person White sugar is not the only sugar you should store in your food storage. There are several different options of sweeteners that can be added to your food storage to give variety and options to your cooking. Here are a few items you could store and how much an approximate year supply of each item would be (adjust amounts to your needs).

- *White granulated sugar = 40-50 lbs. per person
- *Powdered Sugar = 6 lbs. per person
- *Brown Sugar = 6 lbs. per person
- *Honey = 6 lbs. per person
- *Molasses = 1 jar per person
- *Jam = 2-3 jars per person
- *Syrup = 2-3 jars per person
- *Puddings & Jell-O's = 3 lbs. per person
- *Corn Syrup = 1 jar per person
- *Hot Cocoa Mix or Fruit Drink Mixes = 1-2 lbs. per person
- *Sweetened Condensed Milk = 3-5 cans per person

Thrifty Tip Homemade powdered sugar

1 c. granulated sugar

Blend 1 cup of granulated sugar in a blender or processor until desired powder is produced. Easy to make and much less expensive than store bought powdered sugar.

Homemade brown sugar

1 c. granulated sugar

1 T. molasses (light brown sugar-for dark brown, add an additional tablespoon)

Combine the ingredients using a fork and store in an airtight container or bag.

Homemade Hot Cocoa

2 c. powdered sugar

1 c. cocoa powder

2 1/2 c. powdered milk

1 t. salt

2 t. cornstarch

Hot water

Combine all of the ingredients in a mixing bowl and incorporate evenly. In a small pot, heat 4-6 cups of water. Fill your mug half full with the mixture and pour in the hot water. Stir to combine. Seal the rest of the cocoa mix in an airtight container. Keeps indefinitely in the pantry.



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